

# HALIFAX metro®

NEWS WORTH SHARING.

## MENINGITIS CLAIMS THE LIFE OF UNIVERSITY STUDENT

Nova Scotia's chief public-health officer says there are 'no links' to the previous death. Page 4.



## 'MY FISTS WILL BE UP': TRUDEAU

Liberal Leader Justin Trudeau meets with Metro's editorial panel in Toronto on Monday. He admits he is already campaigning for the coming election. See coverage, pages 6 & 7. ELIZABETH BEDDALL/METRO

## 'Treacherous' drive home

**Weather.** Traffic gridlock hits Halifax as storm arrives in time for commute

### Warnings

3

The number of warnings Environment Canada issued for the storm in Halifax



**PHILIP CROUCHER**  
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It was traffic gridlock in Halifax during the evening commute Monday, with heavy snow creating slippery roads and making it difficult for some to get up steep hills.

Halifax Regional Police Staff Sgt. Bill Morris referred to the roads as "treacherous" in many parts of the city. Traffic was backed up in every direction, resulting in a drive home that was long — very long — for many.

"We had more people getting stuck than anything. We had transit buses stuck.... It was just ridiculous," Morris said.

He noted that at the Windsor Street exchange in Halifax, six 18-wheelers ended up getting stuck "when they couldn't

get enough traction to go up the hill."

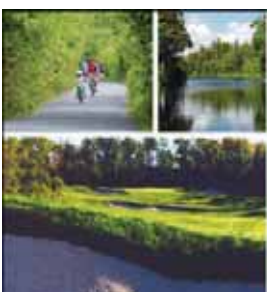
"The roads are still not very good," he noted around 9 p.m.

As forecast, the snow began in Halifax around 2 p.m. and quickly accumulated. It resulted in the closures of malls, restaurants, universities and all of the Halifax library locations by early evening.

Environment Canada meteorologist Andy Firth said by 9 p.m. about 15 centimetres of snow had fallen, before the changeover to ice pellets and freezing rain had begun in many places.

"It was coming down heavy for a period of time," he said.

The storm was the third to hit Halifax in a week. There was a blizzard last Tuesday and a snow-rain mix on Friday.



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# Residents ask minister to intervene on development

**Construction.** Ministerial approval of amendments to planning regulations is normally a formality



**RUTH DAVENPORT**  
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Residents of south-end Halifax who fought bitterly against a planned development for Wellington Street have now written to a provincial cabinet minister about their concerns.

A letter from the Park to Park Community Association to Municipal Affairs Minister

Mark Furey asks Furey to withhold the ministerial approval required for amendments to municipal planning regulations and conduct a review of the application.

"We would assume your role is one of oversight in ensuring integrity in the development and planning of MPS (master planning strategy) amendments and to also ensure that the public process is appropriate," reads the letter.

Regional council voted narrowly in January in favour of amending planning regulations in order to allow the development to proceed.

The twin-tower Dino Capital project was recommended

## Quoted

**"We're always optimistic. We don't know if in fact the minister has ever refused to sign off on an amendment, but if we weren't optimistic, we'd probably just stop."**

Park to Park Community Association spokesperson Pat Whitman

for rejection by city staff and two advisory committees, noting that it was out of scale with the rest of the residential neighbourhood and did not comply with municipal planning guidelines.

Residents spoke against it in three separate public hearings over the last two years, and several hundred from across HRM

signed a petition opposing it.

Park to Park spokesperson Pat Whitman said the request to Furey is the only option left for the residents, but she said they continue to fight, if only to raise awareness among other HRM residents.

"It's important to keep this issue alive at whatever level, because it isn't just a Well-

ington Street issue," she said. "This is happening everywhere, and we have to realize that it appears the developers are doing all the planning."

A spokesperson for Furey wasn't able to comment on whether the minister had seen the letter or would have any response.

Tracy Barron did say HRM has not yet forwarded the amendments to the province for review.

Council did agree, as part of the final approval of the planning amendments, to reduce the overall footprint of the building and to require that it comply with HRM by Design guidelines.



## Braving the wintry weather along South Park Street

Two pedestrians huddle together while they walk along South Park Street, as a winter storm hits Halifax on Monday. The messy weather resulted in traffic gridlock on the commute home.

JEFF HARPER/METRO

## On the roads

### Go online to track provincial plows, plowing priorities

The province has launched two new online tools to help weather-weary Nova Scotians navigate the roads after winter storms or a heavy snowfall.

A new plow-tracker website and companion plowing-priority website lets residents keep abreast of when their road will be

cleared.

A release from the provincial department of transportation explains that the plow-tracker site is a real-time service that uses moving plow symbols to show where trucks are working at any given moment.

The plowing-priority site uses colour to indicate the deadline for any provincially maintained road to be cleared.

For example, a red road must be cleared within

eight hours of a storm.

The sites were tested internally during last week's storm, according to the release.

They can be found at [novascotia.ca/tran/winter/plowtracker.asp](http://novascotia.ca/tran/winter/plowtracker.asp) and [novascotia.ca/tran/winter/losmap.asp](http://novascotia.ca/tran/winter/losmap.asp).

METRO

## On the web

For more local news, go to [metronews.ca](http://metronews.ca)



## Groundhog Day. Shubenacadie Sam says six more weeks of winter

Shubenacadie Sam saw his shadow when he emerged from his burrow on Monday, which according to groundhog folklore means six more weeks of winter. "Given the weather forecast and the amount of snow currently on the ground, Sam's prediction likely isn't a surprise to most Nova Scotians," said Zach Churchill, the

province's natural-resources minister. **THE CANADIAN PRESS**

## At a glance

Environment Canada has predicted February will be colder than normal across the country.

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## Driver rushing pregnant woman to hospital given ticket after fender-bender

One pregnant woman's ride to the hospital was thrown a few curves Monday morning when she was involved in a minor collision at the Armdale Rotary.

Halifax Regional Police spokesman Const. Pierre Bourdages said that around 9 a.m., a car carrying a 21-year-old woman in labour entered the rotary from St. Margarets Bay Road, colliding with a car already in the circle.

"Following the collision, her labour intensified," Bourdages said.

Paramedics transported the woman to QEII hospital in Halifax, but Bourdages had no information as to how the mother and baby were doing.

The female driver of the car carrying the pregnant woman was ticketed \$176.45 for failing



COLORBOX

to yield to a car already in the roundabout, Bourdages said.

Although some may say rushing a woman in labour to the hospital is a fair excuse for a fender-bender, Bourdages said in this case the ticket was issued because "there was a collision between two vehicles, and one was found at fault."

The 19-year-old driver of the car that was hit suffered no injuries, Bourdages said, and there was only minor damage to the cars. **HALEY RYAN/METRO**

## Clayton Park. Patio doors target for burglars: Police

Halifax police are encouraging Clayton Park residents to be on the lookout for people entering through the patio or back doors of any apartment after a rash of break-and-enters last week.

Halifax Regional Police spokesman Const. Pierre Bourdages said there were three break-and-enters during the daytime on Jan. 30 and 31 at ground-level apartments on Fairfax Drive, Chipstone Close and Prestwick Close.

"People went to work and came back to find their place had been entered through the patio door," Bourdages said Monday.

Bourdages said they stole money, electronics and other valuables but he could not say how much the items were worth. No one was at home in any of the incidents.

It's important for residents

### Contact

Anyone with information about the cases, or has been the victim of a similar break-and-enter, is asked to contact police at 902-490-5016.

to keep their doors and windows locked when they're not at home, Bourdages said, and suggested placing a piece of wood against a patio door so it can't slide from the outside.

If someone suspicious appears to be getting into a residence in this way, Bourdages said it's best to call police just in case, since if it's the real owner, that can be cleared up quickly.

"If not, you may be able to prevent someone else from having their apartment entered," Bourdages said. **HALEY RYAN/METRO**

### Glace Bay

## 21-year-old man charged with trespassing

A 21-year-old Glace Bay man has been remanded pending the outcome of a bail hearing now set for Wednesday.

Justin Michael Chant, who was arrested over the weekend, is charged with trespassing at night along with seven counts of breach-of-court orders.

At the time of his arrest on Sunday, Chant was on

release conditions resulting from unrelated offences.

Cape Breton Regional Police report to being called to a complaint of a suspicious person in a driveway on Steels Hill Road.

Tracking footprints throughout the neighbourhood, along with the assistance of the K-9 unit, police were able to locate the suspect in a nearby yard where he was arrested without incident.

Chant made a brief court appearance Monday and was ordered remanded pending a bail hearing. **CAPE BRETON POST**



Dr. Robert Strang, the province's chief public-health officer, updates the media on Monday after meningitis claimed the life of an Acadia University student on Sunday. **JEFF HARPER/METRO**

# Second N.S. student dies from meningitis

**Health.** Official stresses there's 'absolutely no links' to previous death and assures the public they're at no increased risk of the disease

### Quoted

"This is a very sad day for Acadia. We are a very close-knit community and we were saddened to learn of the sudden and tragic loss of one of our students on Sunday. I have been in touch with the student's family and have expressed deepest sympathy on behalf of the entire Acadia community." Acadia University President Ray Ivany

### Vulnerability

Dr. Robert Strang noted that teenagers and young people are among the top three most vulnerable groups to contracting bacterial meningitis — next to the elderly and infants.

- These recent deaths come as the first two meningitis fatalities in the province within a decade.

- "We have to remember that with infectious diseases, they are rare, but you do get tragic outcomes or death," Strang said.

arrived in hospital. She was administered antibiotics but died on Sunday afternoon.

The woman's identity has not been released, at the family's request.

On Monday, Strang told reporters that one of his top priorities is to rule whether she died by the same strain of bacterial meningitis — meningococcal — that claimed the life of 16-year-old Sackville High School student Rylee Sears the week before.

"There's nothing to suggest at this point in time that there's any increased risk," Strang said, adding that he "understands and appreciates the anxiety" the public may be experiencing.

He explained samples of the bacteria taken from the Acadia student will be sent to the QEII

hospital in Halifax to undergo lab work to determine the exact strain of the disease.

In the meantime, he said the public-health office is taking a "cautious approach" by assuming the strain is meningococcal meningitis, which is spread through direct contact, in order to begin preventive treatments and stop any possible spread of the disease.

Six Acadia students, including the woman's roommate, plus several other family members, have been offered preventive antibiotics, he said.

Strang emphasized only those who have encountered saliva from a person infected with meningococcal meningitis are susceptible to the disease, adding preventive treatments have also been offered to those students at Sackville High

School who may have come in recent contact with Sears.

As of Monday, Strang said there is no connection between Sears' death and the case of the Acadia student.

"We know these are in two different locations, two different communities, two different age groups.... There's absolutely no links between the two cases."

# Vision-loss group applauds Sobeys after photo goes viral



Mary Cogswell, who is legally blind, is helped home with her groceries by Sobeys employee Austin MacNeil.  
COURTESY TERRI BORDAGE STEVENS

**Community.** Man walking blind woman home one of many touching stories: CNIB



STEPHANIE TAYLOR  
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Shelley Adams wasn't surprised when she first saw a photo of a Sobeys employee escorting a legally blind woman home, carrying her

bag of groceries.

Adams works as a counsellor for CNIB Nova Scotia — a branch of the national charity that supports people with vision loss.

She wants people to know how many countless other stories she's heard from clients, praising the grocery chain's compassionate and sensitive service to those with blindness — besides the one captured in the photo, which has gone viral internationally.

"People have no idea how

difficult it is to get around in the winter when you have vision loss," Adams explained Monday.

"The sidewalks here aren't very good right now."

Adams herself is diagnosed with retinitis pigmentosa — a condition that leaves her with only three per cent vision. Despite being able to walk to and from the grocery store independently with the help of her guide dog, she says she runs into trouble when it comes to the snow piled up on street corners.

## Quoted

**"It's really nice to see a staff person, a young person (or) whatever, going a little bit above and beyond their job and just being really considerate."** Shelley Adams, counsellor for CNIB Nova Scotia

Especially when crossing the street, it's difficult for her dog to navigate how to find

a sidewalk when it's buried under a mound of snow, she explained.

Like many of her clients, Adams says she's only had positive experiences when dealing with Sobeys staff. She has a hard time reading food labels and price tags and goes to the customer-service desk to gain help with her groceries.

An employee then either accompanies her around the store or simply picks out the items for her while she waits at the front.



## Shoop-shoop-shooping in a winter wonderland

A cross-country skier takes a jaunt around the Halifax Common on Monday. A handful of storms over the past week has meant good news for skiers in our region. JEFF HARPER/METRO

## Court

### Oland murder trial starts in September

The judge presiding over the murder case against Dennis Oland says up to 1,500 people may be called for jury selection when the trial begins later this year.

Judge John Walsh of the Court of Queen's Bench in New Brunswick has set aside three months for the trial of Oland, who is charged with second-degree murder in the death of his father Richard.

Jury selection is scheduled to begin Sept. 8 and the trial will run from Sept. 16 until Dec. 18.

In December, a provincial court judge ordered Dennis Oland to stand trial following a preliminary inquiry that lasted 37 days and heard from 42 witnesses.

Richard Oland was an officer of the Order of Canada and part of the well-known Maritime family that owns Moosehead Breweries.

The 69-year-old businessman was found dead in his office in Saint John on July 7, 2011. **THE CANADIAN PRESS**

## Government

### Storm puts delay on ferry service update

People eager to hear the government's plans for the Nova Star ferry service will have to wait a day longer.

Monday's forecasted storm is pushing Tuesday's government announcement back to Wednesday.

The announcement, to be made by Economic and Rural Development and Tourism Minister Michel Samson, will still take place in Yarmouth at the

Visitor Information Centre at 11:30 a.m.

A technical briefing with media to go over the elements of the new ferry agreement takes place earlier in the morning.

Last week, the province said this week's announcement would "outline the government's plan to support the ferry service that runs between Yarmouth and Portland."

The provincial government has so far spent \$28.5 million on the service.

**YARMOUTH VANGUARD**

## Music. Hold on to that feelin' with Journey

Looks like any way you want it, Halifax, Journey is coming to town.

On Monday, Evenko announced the classic-rock band will stop in Dartmouth on Friday, July 31 to play Alderney Landing.

The show is scheduled for 8 p.m., and tickets are set to go on sale Feb. 27 at 10 a.m.

For fans set to welcome the band with open arms, tickets are going for \$75.50 at the box office, according to the concert's Facebook page, and extra fees may apply to online ticket purchases.

Former lead singer Steve



Journey will play Alderney Landing on July 31. CONTRIBUTED

Perry left the San Francisco band in 1998, and singer Arnel Pineda has been touring and recording with the group since 2007. **METRO**

## Music. Counting Crows returning to Canada

Counting Crows will land in Halifax as part of its world tour that includes 15 dates across Canada.

The popular band, which hasn't been north of the border in 15 years, is playing the Scotiabank Centre on Thursday, May 21. Tickets go on sale Friday at 10 a.m. through Ticket Atlantic and will range in price

from \$59.50 to \$89.50, which includes taxes and surcharges.

The band is touring in support of its seventh album, *Somewhere Under Wonderland*.

The group is also playing at Casino New Brunswick in Moncton on May 20 and Mile One Stadium in St. John's on May 23. **METRO**



Counting Crows will play Scotiabank Centre on May 21. CONTRIBUTED

# MetroTalks Justin Trudeau

This launches a series of Metro conversations with the people Canadians want to meet: the federal leaders, celebrities, athletes and other newsmakers influencing our lives.

## “WHAT MATTERS IS WHAT YOU DO WITH WHAT YOU’RE GIVEN”



ROSEMARY  
WESTWOOD  
Metro in Toronto

Justin Trudeau's pitch for prime minister goes roughly like this: It's not that Canadians can trust him; it's that he trusts them.

The trademark of his leadership would be openness in government, society and politics, he told Metro editors and reporters during an hour-long interview on Monday.

His caucus will be able to vote by their conscience. He will separate his own religious beliefs (he's Catholic) from his politics (he's pro-choice). Collaboration, not "divisive" politics, will reign.

Trudeau was accompanied by a low-key entourage and equipped with more polished answers than some of his previous offhand gaffes would suggest.

Like the Liberal Party itself, Trudeau has yet to release an official platform. He kept his answers to generalities about what he would do if elected: invest in education, create a more diverse economy, work more closely with municipalities, and better support in-

digenous communities.

If his policies are still opaque, he is clear about the kind of politician he promises to be.

The Liberals won't use attack ads, like the ones already running against him. They might work, he admitted, but will lead to a divided country.

"I would rather campaign with one arm tied behind my back than have to govern with one arm tied behind my back," Trudeau said.

While the Conservatives have tried to use Trudeau's privileged upbringing against him, he embraced it as one of the reasons he's running for prime minister.

"I recognize that I've been incredibly, incredibly fortunate in my life," he said, but his parents "drilled" into him that "what matters is what you do with what you're given in life."

That's why he chose to become a teacher, and it's why he wants to be prime minister, he said.

His father, former prime minister Pierre Trudeau, taught him to stand by his convictions, despite political costs.

"My mom taught me ac-

On women...

### Catholic — and also pro-choice

On the divisive issue of abortion Justin Trudeau has a practised answer. It's one he says is based on personal conviction, not political strategy.

He supports a woman's right to choose.

He's Catholic, but said that elected representatives should not impose personal views on entire communities.

"I've sat down with a number of bishops, archbishops and even a cardinal and I've talked about the fact that their job as priests is very different than my job as a leader, as a politician," he said.

He has been outspoken on women's issues in the past. He was tested last year when two Liberal MPs were accused of sexual harassment. He kicked both out of caucus.

"Most workplaces are further ahead than the House of Commons was, and that's why there was very little I

could do within our existing system, which is why the actions I took were fairly decisive."

He sighed before answering that cultural change is needed before legislative change.

"Our judges, our judicial system, our police, our investigators, are in a very, very difficult situation responding to something like that, that's already happened and in many cases, ends up being he said, she said," he said.

"There's a big culture shift that's ongoing, that needs to continue."

Trudeau also spoke on the coming debate about euthanasia.

On Friday, the Supreme Court is expected to rule on Canadians' right to die with dignity and Trudeau expects a "serious" debate.

"We have to have that balance of personal choice and rights of an individual to decide about their life, and the responsibility to protect vulnerable individuals from abuse."

"That's a balance that is at the core of my own views and values and convictions."

JESSICA SMITH CROSS/METRO

Quoted

**"My mom taught me actually to like people, which my father wasn't always very good at."**

Justin Trudeau

tually to like people, which my father wasn't always very good at," he said, and laughed.

She also taught him that there is strength in vulnerability, after going public about

her struggle with bipolar disorder a decade ago and helping influence public discourse on mental health.

"People were unbelievably supportive," Trudeau said.

"For me that is an incredibly powerful message."

It could also help explain his own candid, relaxed approach to the public: Being vulnerable could be a powerful tool to win voters.

But don't expect a pushover, he warned.

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the

positions we dislike," Trudeau said.

Presumably, the party will also be very clear about what policies it does agree with, when it finally releases a platform.

"Let's be very clear. My fists will be up. I am a boxer," he said.

What that can mean for Canada's future remains to be seen.

### Prime Ministerial ink





"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better," Justin Trudeau said Monday in a sit-down interview with Metro. ELIZABETH BEDDALL/METRO

## On balancing security, prosperity and freedom



JESSICA SMITH CROSS  
Metro in Toronto

Liberal Leader Justin Trudeau spoke at length about his val-

ues in an hour-long interview with Metro on Monday and had answers to some, but not all, of our questions on how he would put those values into policies he'd champion as prime minister.

### On youth and the middle class...

Trudeau said he knows that many young Canadians feel prosperity is passing them by; that their generation will not have a home, a pension, an education without crippling debt, good employment prospects and economic security upon which to start a family of their own.

"Young people are feeling that," he said, "and their parents are feeling that this is a breakdown in the idea of Canada, that every generation

is supposed to have greater opportunities and be able to get a better quality of life than the previous generation."

That breakdown is a source of tremendous anxiety that's toxic to the country, he said.

His plan to solve it starts with investing in education: better bursaries and loans, looking into tying the repayment of student loans to income, and allowing Canadians to use RESPs to continue their education throughout their careers. Improving the middle class, according to Trudeau, means improving the infrastructure it relies on, particularly transit, as well as encouraging both a "resource and knowledge economy."

Closing the wealth gap "means supporting middle-class Canadians, not sup-

porting the wealthy. That means we're competitive in terms of corporate taxes, but not creating giveaways in hopes that corporations will create jobs."

### On child care...

Trudeau knocked the Conservative and New Democrat plans to make child care more affordable. Trudeau said the Conservative's income-splitting plan benefits wealthy families the most, "for ideological reasons, for electoral reasons, but not for reasons of actually helping."

As for the NDP's universal child-care plan, Trudeau said the party has serious questions to answer about how the government could afford it, given a declining surplus.

"The Liberal party is still

pulling together our child-care plan. We're looking at the new fiscal framework, but we are looking directly at making sure that families like yours get the help they need," he said.

### On terrorism...

Trudeau doesn't know yet what the Liberals' response to C-51 — the government's anti-terror bill that expands CSIS's power and criminalizes promoting terrorism — will be, but his caucus is going over the details and will debate it Wednesday.

"The fundamental responsibility of any government is to keep its citizens safe. Everyone gets that," he said. "Whether it's rail safety — as we learned with Lac-Mégantic — whether it's protection against jihadists and international terrorists

and radicalization, that's something the government needs to do."

Trudeau said the Liberals have been calling for public and parliamentary oversight of Canada's spy agencies, and the balancing of safety with the protection of Canadian values.

### On legalizing marijuana...

Trudeau said his commitment to legalizing marijuana comes from his own values related to personal freedom and protecting the vulnerable, not political strategy.

"It's all about allowing adults to make their choices while protecting kids much better than we are now," he said. "Our current approach isn't protecting our kids, we need to protect the vulnerable, while respecting people's freedoms."

### On cities...

In nearly 150 years since Confederation, Canada has shifted from 80 per cent rural and 20 per cent urban, to the opposite and it's time to recognize that cities deliver a majority of services on a fraction of the tax base, Trudeau said.

His party is looking at creating another mechanism — something akin to the gas tax — that empowers cities to build infrastructure, he said.

Trudeau said it's time to stop finger-pointing and recognize that all governments serve the same citizens, so as prime minister, he'd meet with the premiers and the country's mayors and aboriginal leaders, to help them build their long-term plans.

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed, and I know we can work better, much more efficiently on delivering those needs instead of just saying, 'Hey, Ottawa's balanced its books, now it's up to Toronto or Ontario to do it on their own.'"



## Tat test. Trudeau draws his dream-job tattoo

Asked to sketch a tattoo appropriate for the PM, the famously tattooed Justin Trudeau paused only briefly before he started drawing what looked like a flagpole.

His aides told him it was time to go, but Trudeau kept sketching. In remarkably accurate detail, he spent several minutes creating a Quentin Blake-esque rendering of the Peace Tower on Parliament Hill — complete with a green copper roof and clock, a small Canadian flag and mini parapets.

But don't expect him to

head to the tattoo parlour on Election Day: "I have all the ink I'm going to get. I'm not going to get more tattooed up," he said, calling tattoos "addictive."

Trudeau's shoulder is inked with a globe he got in his 20s, surrounded by a Haida raven, added on when he turned 40.

Trudeau reverted to teacher mode on his way out, asking if anyone could pinpoint the one inaccurate detail.

There isn't a maple leaf on the face of the clock tower?

Correct, said the teacher.

ROSEMARY WESTWOOD/METRO

# Jailed journalist gives up Egyptian passport

**Cairo.** Mohamed Fahmy relinquishes citizenship in exchange for freedom

An Egyptian-Canadian journalist imprisoned for more than a year in Cairo has relinquished his citizenship as a condition of his release, his fiancée said Monday.

Marwa Omara said it was “a very hard” decision for Mohamed Fahmy.

“He is a proud Egyptian that comes from a family of military servicemen,” Omara said in an email to The Canadian Press.

“They told him: ‘Nationality is in the heart, and you can come in as a tourist.’”

It remained unclear when exactly Fahmy would be released. However, Foreign Affairs Minister John Baird told CBC on Monday that Fahmy’s release was “imminent.” He declined to provide any more details.

The 40-year-old was ex-

## Imprisonment

Egyptian authorities had accused the three journalists of providing a platform for ousted president Mohammed Morsi’s Muslim Brotherhood, now declared a terrorist organization. But authorities provided no concrete evidence.

- The three were widely seen as having been caught up in a regional power struggle between Egypt and Qatar, which funds Al Jazeera and strongly supported Morsi.
- The journalists and their supporters insisted they were simply doing their jobs during a time of violent upheaval.

pected to be deported to Canada when released.

Fahmy’s mother sent a public letter to Egypt’s

president on the weekend, calling her son an “innocent” man in urgent need of medical treatment.

“Mr. President, as a journalist my son never strived to tarnish Egypt’s image. It’s this Al Jazeera case that now smears Egypt’s reputation abroad,” wrote Wafa Abdel Hamid Bas-siouni.

Fahmy and two Al Jazeera colleagues — Australian journalist Peter Greste and Egyptian Baher Mohamed — were arrested in December 2013 and convicted of terror charges related to their coverage of the violent crackdown on Islamist protests. They were sentenced to between seven and 10 years.

Greste was finally freed on Sunday.

Prison officials and Egypt’s official Middle East News Agency said Greste’s release resulted from a “presidential approval” and was co-ordinated with the Australian embassy.

**THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS**



## Guy Turcotte to remain out on bail until trial

Guy Turcotte appears in court in an artist’s sketch from Nov. 14, 2013, in St. Jerôme, Que. The former doctor charged with killing his children will remain free pending his trial, as Quebec’s Crown prosecutor’s office said Monday it would not appeal the matter further. **MIKE MCLAUGHLIN/THE CANADIAN PRESS**

## Alberta

### Driver killed in school-bus crash

A school-bus driver was killed in a highway crash with a transport truck in northwestern Alberta on Monday.

The bus was taking 14 students to classes at elementary and high schools in the Peace River area.

All of the kids were injured in some way.

“One of the children has been flown to an Edmonton-area hospital with serious but not life-threatening injuries,” said RCMP Cpl. Carol McKinley.

The driver of the truck was also flown to hospital with serious but non-life-threatening injuries.

**THE CANADIAN PRESS**

## Supreme Court

### Ruling expected on assisted suicide

The Supreme Court of Canada says it will release its much-anticipated ruling on assisted suicide Friday, although the two main figures in the case have died.

**THE CANADIAN PRESS**

# Court hears of motivations behind alleged Via Rail plot

Two men accused of planning a terrorist attack on a passenger train travelling between Canada and the U.S. were motivated by Islamic extremism and spent months plotting to murder as many people as they could, their trial heard on Monday.

Raed Jaser and Chiheb Esseghaier both face multiple charges in the alleged Via Rail plot. Not-guilty pleas have been entered for both of them.

On the first day of the trial, Crown lawyer Croft Michaelson said the pair made up a terrorist group operating in

Canada in 2012.

“Mr. Esseghaier and Mr. Jaser, motivated by Islamic extremism, agreed that they would murder persons to instill fear in the community,” Michaelson said in his opening remarks.

Esseghaier, a Tunisian national who was doing doctoral research on nanosensors in Quebec, travelled to Iran in early 2012 and met with people who were, in his words, “carrying out jihad for the sake of Allah,” Michaelson said.

“Mr. Esseghaier returned to Canada intent on establish-

ing a terrorist cell to facilitate and carry out terrorist acts in Canada,” he said.

Jaser, a permanent resident of Palestinian descent, got involved with Esseghaier and wanted to “conduct multiple missions so people in Canada would realize they would not be safe until they left the lands overseas,” Michaelson said.

An undercover FBI officer, however, was able to gain the pair’s trust, which was how conversations about the men’s plans were recorded, forming crucial evidence in the case. **THE CANADIAN PRESS**

## MP conduct code faces obstacles

A multi-party sub-committee tasked with coming up with a code of conduct for MPs and a procedure for dealing with complaints, following a sexual-harassment scandal last fall, is going nowhere fast as members grapple with the legal challenges involved.

Unlike other workplaces, there is no employer-employee relationship between MPs, all of whom are considered equals.

Moreover, MPs enjoy greater freedom of speech than ordin-

ary Canadians, protected by parliamentary privilege from defamation or libel suits.

They also routinely use that freedom to demean, belittle and humiliate one another — conduct that is often defined as harassment in other workplaces.

An even thornier issue is whether a harassment policy would apply only to behaviour that occurs within the parliamentary precinct or should be extended to cover MPs when

they socialize or attend events together off Parliament Hill.

Richard Denis, the House of Commons’ deputy law clerk, warned sub-committee members Monday that applying a policy beyond the parliamentary precinct would amount to trying to regulate MPs’ private lives — a risky proposition.

Yet the harassment incidents that triggered the sub-committee’s work are alleged to have occurred off Parliament Hill. **THE CANADIAN PRESS**

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Nigeria

## Terrorism disrupts election campaign

A female suicide bomber killed herself Monday when she exploded a vehicle packed with explosives near a stadium where Nigeria's president had just held an election rally in the northeastern city of Gombe, police said.

They said there were no other casualties.

No one immediately claimed responsibility. Most suicide bombings are blamed on Boko Haram Islamic extremists who are against democracy and have vowed to disrupt the Feb. 14 elections for the president, state governors and legislators in Nigeria, Africa's richest and most populous nation. **THE ASSOCIATED PRESS**

Climate change

## 2014 temperatures among warmest

The UN weather agency says 2014 was the warmest year on record, though the temperature difference with 2010 and 2005 is so small that it's impossible to say for sure which of the three years was the hottest.

The World Meteorological

Organization's analysis Monday mirrored findings two weeks ago by NASA and the National Oceanic and Atmospheric Administration, and also included data from the Met Office in Britain.

WMO chief Michel Jarraud said warming is expected to continue as atmospheric levels of heat-trapping CO2 rise.

**THE ASSOCIATED PRESS**

Brussels

## Armed man threatens EU parliament

Belgian police evacuated hundreds of people Monday from the European Parliament to search a car for explosives, then arrested the owner — a man clad in camouflage gear who had a

gun and a chainsaw stashed in his vehicle.

Police found the firearm and chainsaw but no explosives, according to the public prosecutor's office.

The suspect, identified as a Slovak national born in 1982, was charged with "threatening an attack, possession of an illegal weapon and unauthorized possession of a firearm requiring a license." **THE ASSOCIATED PRESS**

# Japanese PM questioned on hostage deaths

**Japan.** Abe pledged \$200M in non-military aid days before ISIL demanded ransom

Japanese Prime Minister Shinzo Abe defended his policy toward terrorism, as the flag at his official residence flew at half-staff Monday in a mark of mourning for two hostages killed by the Islamic State of Iraq and the Levant (ISIL) group.

During a long day of parliamentary debate, Abe parried numerous questions about his handling of the hostage crisis, which came to a grisly end with news early Sunday that journalist Kenji Goto had been beheaded.

Abe said his announcement

of \$200 million in non-military aid for the fight against ISIL, made during a visit to the Middle East just days before the militants demanded a \$200-million ransom for the two hostages, was meant to convey Japan's strong commitment to battling terrorism and fostering peace.

Some have questioned that decision, saying Abe should have been more cautious and not mentioned ISIL by name.

Abe confirmed that he was aware of the hostage situation when he made the announcement. He said he wished to publicize Japan's contribution to the fight against extremism and rejected the idea of a more cautious approach.

"The terrorists are criminals," Abe said. "We are determined to pursue them."

**THE ASSOCIATED PRESS**



## Liberia launches trial of experimental Ebola vaccine

A woman is injected by a health-care worker, left, as she takes part in an Ebola virus vaccine trial on Monday, at one of the largest hospital's Redemption hospital in Monrovia, Liberia, Monday. A large-scale human trial of two potential Ebola vaccines got under way in Liberia's capital, part of a global effort to prevent a repeat of the epidemic that has now claimed nearly 9,000 lives in West Africa. **ABBAS DULLEH/THE ASSOCIATED PRESS**

## Ukraine. Some remains from downed plane found

The Dutch defence ministry says a team of experts has recovered a small amount of human remains from a village near the site where a Malaysia Airlines jet was downed last July in eastern Ukraine, killing all 298

people on board.

Monday's mission also netted personal effects of victims and pieces of wreckage of Flight 17 that was heading from Amsterdam to Kuala Lumpur when it plunged out of the sky. **THE ASSOCIATED PRESS**

## Ukraine. Junction city of Debaltseve new battlefront

As Ukrainian troops fought Monday to defend a strategic railway hub, Russian-backed separatists pledged to boost the size of their force and Washington pondered whether to expand its assistance to Ukraine to include lethal aid.

Their main rebel offensive is now directed at Debaltseve — a government-held railway junction once populated by 25,000 people that lies between the rebel-held cities of Luhansk and Donetsk.

**THE ASSOCIATED PRESS**

# Sex-trafficking trial of former IMF head begins in France



Dominique Strauss-Kahn's lawyer Henri Leclerc arrives at a Lille courthouse, northern France Monday as Strauss-Kahn goes on trial for sex charges in France. **CHRISTOPHE ENA/THE ASSOCIATED PRESS**

Dominique Strauss-Kahn appeared in court Monday to face accusations of taking part in an international prostitution ring set up to provide him with prostitutes for orgies at luxury hotels in France and the U.S.

The former head of the International Monetary Fund, once considered a near shoo-in as France's president, went on trial in the northern city of Lille to face charges of aggravated pimping and involvement in a prostitution ring operating

out of luxury hotels.

Strauss-Kahn arrived in a black sedan with tinted windows and drove into an underground parking lot, while other defendants entered the courthouse through a crowd of reporters and cameras, accompanied by their lawyers and watched over by a heavy police and military presence.

The French economist known widely as DSK faces up to 10 years in prison and a 1.5 million-euro (\$1.7 million US) fine, as he and more

than a dozen other French and Belgian businessmen and police officers go on trial.

The trial is scheduled to last three weeks, with Strauss-Kahn not expected to testify until Feb. 10.

Investigators have compiled hundreds of pages of testimony from prostitutes describing the orgies allegedly organized by the 65-year-old Strauss-Kahn and his co-defendants, centred on the Carlton Hotel in Lille, near the Belgian border.

Strauss-Kahn says he took part in "libertine" activities, but insists he never knew the women involved were prostitutes.

It's not illegal to pay for sex in France, but it's against the law to solicit or to run a prostitution business.

Hundreds of reporters are covering the trial, making it one of the highest-profile cases in France in years.

Prosecutors filed preliminary charges of aggravated pimping in March 2012.

**THE ASSOCIATED PRESS**

## Market Minute

**DOLLAR**  
79.31¢ (+0.84¢)

**TSX**  
14,900.47 (+226.99)

**OIL**  
\$49.57 (+\$1.33)

**GOLD**  
\$1,276.90 US (-\$2.30)

**Natural gas:** \$2.680 (-1.1 ¢)  
**Dow Jones:** 17,361.17 (+196.22)

## Oilsands

## Feds are hiding reports, critics say

Critics say the federal government has been trying to hide legitimate concerns about the consequences of oilsands pipelines by keeping a report under wraps on the possible environmental threats posed.

"If this report has been around since 2013 and not been released, then it makes me think they must be trying to hide something," NDP environment critic Megan Leslie said Monday.

Francois Poirier, president of TransCanada's Energy East pipeline project, downplayed such concerns, saying there have been a number of studies indicating that diluted bitumen behaves like any other type of crude-oil product that moves through the pipeline. **THE CANADIAN PRESS**



Lululemon founder Chip Wilson. THE CANADIAN PRESS FILE

## Lululemon. Clothing brand's founder resigns

The founder of Lululemon Athletica Inc. is stepping down from the company's board and turning his attention to growing his family's newest venture, a clothing company founded by his wife and son.

Dennis (Chip) Wilson started Lululemon in 1998 in Vancouver after taking a yoga class and helped turn it into an international brand, with more than 250 stores.

However, he had been at odds with the Lululemon board after resigning as chairman in 2013 and tried unsuccessfully to oust two directors from the board last year, saying they were not focused enough on product innovation.

James Courtovich, a spokesman for Wilson, said the founder's frustration with the board stemmed from their refusal to adopt a new fabric his wife had created, which she calls "Technical Cashmere."

Wilson offered the fabric to Lululemon three times, but each time the board rejected it, Courtovich said. That spurred

## Quoted

**"After careful thought, I believe now is the right time to step away."**

Lululemon founder Chip Wilson, who said he has met the professional goals he had set when he returned to the board and is comfortable stepping aside and moving on

Wilson's wife and son to start a clothing company called Kit & Ace, which uses the fabric.

Wilson said in a statement Monday that his decision will give him more opportunity to grow that business, which has five stores in Canada and two in the United States.

"I have achieved the goals I set when I came back, and after careful thought, I believe now is the right time to step away from the board," Wilson said.

Wilson had left Lululemon in 2012 to take a sabbatical in Australia.

He says he was asked by the board to return in the spring of 2013. **THE CANADIAN PRESS**

# CRTC moving in right direction, expert says

**Television.** Gregory Taylor, an advocate of over-the-air TV, feels it still has a place in the evolving on-demand marketplace



Gregory Taylor, who is also the author of *Shut Off: The Canadian Digital Television Transition*, says TV distributors have a near-complete stranglehold on public information such as news and current events. **ISTOCK**

As beleaguered local television stations continue to face cutbacks and web-streaming services like Netflix take off, the future of antenna television looks fuzzy. Nevertheless, last week CRTC chairman Jean-Pierre Blais voiced his crystal-clear support for over-the-air television, which is broadcast on open signals and available without a cable-subscription package. The announcement comes after a long discussion on the future of television between the CRTC and more than 13,000 Canadians — about everything from over-the-air to pick-and-pay cable subscriptions — called Let's Talk TV.

It means that over-the-air TV is here to stay, at least for now. Torstar News Service spoke with Gregory Taylor, a Ryerson researcher and expert on over-the-air television.

### What was your take on Jean Pierre Blais' speech?

I was pleased by all three major decisions. I thought that they were very much not just consumer-centred but citizen-centred. And I think the CRTC took a big-picture view — and its position as a public regulator quite seriously — and realized they were not just beholden to business interest.

### Why is over-the-air television important to you?

Because it means that we are not restricted to cable and sat-

ellite subscription if we want to have access to broadcasting. If you remove the over-the-air sector, then we have no choice. The distributors have a complete stranglehold on things that are supposed to be public information, like news and current events.

I'm not saying that all channels should be free, over-the-air, but there should be a baseline that citizens can access.

### How is over-the-air television being used south of the border?

Over-the-air is being used in a far more advanced way (in the U.S.) than we are in Canada. Take any comparably sized city in the U.S. ... and what you'll get is a list often between 40 to 60 channels (available over-the-air). You can put up to four channels on one licence.... In Canada, nobody is doing that, but in the U.S. they are.

We have a very weak

over-the-air system compared to the U.S., and most of it has to do with the fact that the same companies providing us our over-the-air channels in Canada also sell us cable and satellite subscriptions.

### What do you think the future of television is, and where does over-the-air fit in that?

Some people will say everything is going online. But if you take a look at viewership numbers, they've actually remained stable over the last 10 years.

We've seen music fall off a cliff, we've seen bookstores closing down all over the place. Right now, cable and satellite companies are healthy and totally fine.

To me, the future is certainly far less linear than over-the-air offers. It will be a smaller part of the market; I have no illusions that way. But I still think it serves a purpose.

**TORSTAR NEWS SERVICE**

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*If Music Be the Food of Love, Play On — Shakespeare*

**TOP SIX@6** Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Ed Sheeran Thinking Out Loud
- 5 Neon Dreams Love Experts
- 4 Nick Jonas Jealous
- 3 Taylor Swift Style
- 2 Mark Ronson ft Bruno Mars Uptown Funk
- 1 Pitbull ft Ne-Yo Time of Our Lives

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## VOICES

# FREQUENCY IS THE ROUTE TO FREEDOM

Grassroots group It's More Than Buses has drawn up a plan to make the transit system faster and more efficient without increasing the budget



**YOUR RIDE**  
ERICA BUTLER

While we anxiously await Halifax Transit's bold new plan for our bus network, the grassroots group It's More Than Buses (IMTB) wants us to remember three little words: frequency is freedom.

If we can get our buses to run every 10 and 15 minutes, IMTB says, we can throw away our schedules and make taking the bus less painful.

And the best part is: frequency is possible.

The group has created a high-frequency proposal that makes the whole transit system faster and more efficient.

The IMTB plan reduces travel time from Sunnyside Mall in Bedford to Cogswell Street in Halifax to only 27 minutes from 51.

The plan also eliminates the duplication in our current single-seat-ride system. Think of the difference that would make on Barrington, where over 1,000 buses on 23 different routes clog the street daily.

And IMTB achieves all this without increasing the budget for transit.

How did they do it? They simplified the system. They created an efficient, transfer-based network. And they prioritized.

IMTB's proposal dedicates 75 per cent of transit resources to Halifax's most populous areas,



Passengers board Halifax Transit buses along Barrington Street. The group It's More Than Buses wants to dedicate 75 per cent of transit resources to Halifax's most populous areas, where ridership has the greatest potential. JEFF HARPER/METRO

where ridership has the greatest potential.

The result is a 10-to-15-minute frequency network concentrated in the urban core (but reaching

nearby population centres like Spryfield, Sackville and Portland Hills) using shorter, straighter, connecting routes that are less likely to get off schedule.

But there's a trade-off. When our more distant neighbours look at the IMTB map, they'll notice one thing: they're no longer on it.

The IMTB proposal shrinks our

**DO YOU HAVE A TRANSIT IDEA?**  
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halifax@metronews.ca

sprawling system, leaving communities like Fall River, Tantallon and Sambro out of the high-frequency network.

Instead, IMTB proposes using 25 per cent of resources to serve those communities with non-traditional transit solutions. (Got a dozen seniors in Sambro who need groceries during the week? Perhaps a weekly door-to-door shuttle would work better than daily, infrequent, rush-hour bus service.)

The group doesn't shy away from the fact that we can't serve rural, suburban and urban communities the same way. They say clearly that we should be investing the lion's share of our transit dollars where the most people will use it. That's a tough call in a city often split along rural and urban interests. But by making it, IMTB has shown us that frequency is possible.

It remains to be seen if Halifax Transit (and city council after them) will be bold enough to make the same call and deliver the frequency (and the freedom) we all want.

*Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter @HabitatRadio.*

## Ignore the rodent prognosticators and embrace winter



**MELISSA DUNNE**  
readers@metronews.ca

Poet T.S. Eliot famously declared April as the cruellest month. I disagree: it's definitely February.

In our desperation to bring a swift end to the coldest and wettest season, we jump at — as we did Monday — weather forecasts from groundhogs and men in top hats. Nova Scotia's Shubenacadie Sam and Quebec's Fred la Marmotte both saw their shadows. Ontario's Wiarton Willie and Manitoba's Winnipeg Willow did not. Will there be six more weeks of winter or early spring? Hmm. Not to sound as grumpy as Bill Murray in the 1993 classic Groundhog Day, but it's time to take your head out

of the frozen ground — winter is here for a while, so we may as well embrace it.

The first official day of spring is March 20, but many parts of the True North will have snow well past that date. In Halifax, the Old Farmer's Almanac predicts rain, wet snow and flurries for the last week in March. While Vancouver doesn't get much white stuff, the area is set to see snow and rain from March 17-21, according to the almanac. Last year Ottawa saw snow on April 15, according to the Government of Canada's website. Calgarians were posting photos online when the city was hit by a very late spring snowstorm on June 6, 2009. Yes, June.

So regardless of whether you believe the premonitions of huge

### Winter's here for a while

**So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while.**

rodents or climatologists, we need to accept that cold, wet weather is here for a while. With that in mind, here are my tips for making it through the rest of winter without melting down like all that snow on the ground when the salt hits.

Buy the right gear.

When my family first emigrated from Dublin, we hit the local

Sears and bought one-piece snowsuits and woolen ski masks. Canada gets cold, but there's generally no need for a ski mask unless you're actually skiing. But it is worth splurging on a down-filled parka, shearling trapper hat, wool scarf, waterproof mittens and sturdy winter boots. In Vancouver, I recommend Gore-Tex and galoshes. Most of these items are now on sale — go get some.

Don't be afraid to fall.

Then, wrap up and get outside. After years of hibernating indoors like some sort of bear-human hybrid, I have enacted Project Embrace Winter. I skate. I have snowshoed. I've even tried cross-country skiing, and all I did was fall and struggle to get up over and over again. But I'm out there embracing

winter.

Add some Baileys.

After a long day of doing winter sports poorly, I'll make some hot coffee. Or if you have a sweet tooth, chop up some baking chocolate, warm some milk on the stove and throw in some sugar and marshmallows. I usually add a dash of Baileys, too. While I'm now a dual Irish-Canadian citizen, I am still a Dubliner at my cold, shivering core.

Find a way to warm up to our cold weather, which will likely last well past the equinox. And no matter what the rodent soothsayers say, Canada Day is still a very long 21 weeks away. Then we can all stop complaining about the cold and wind chill and start complaining about the heat instead.



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## Gossip

## NED EHRBAR

METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES

Kim Kardashian ALL PHOTOS GETTY IMAGES

## Kim's not sorry for bringing up the Bruce brouhaha

There's trouble in the Jenner-Kardashian compound, and it apparently stems from comments that the most famous of the brood, Kim Kardashian, made in an interview with Entertainment Tonight last month expressing support for "what Bruce (Jenner) is going through." What he's report-

edly going through is transitioning from male to female, though no official announcement has been made at this time. Hence the family strife. "Kim has not even tried to apologize because she says she was helping him and the ratings of the TV show," a source tells Radar Online. "Unfortunately, the more

Kim talks, the more famous she gets. She has pulled this kind of stunt before and has lost friends and lovers. But she honestly does not care. She just moves on." And honestly, I'm surprised by the family outrage. If anyone understands the "I was trying to boost our ratings" argument, it's those people.

## Kate wouldn't change a #&@\$!% thing about the way she's raised her kids

Kate Winslet takes a positive attitude when it comes to helping her children cope with divorce. "I think it's very important to teach your children to struggle on some level," she tells Harper's Bazaar.

"I would honestly say that I wouldn't change a thing. Even all the bad bits. It doesn't matter how s—y times



Kate Winslet

have been, they all matter, because those things shape who you are. And if you don't like who you are, well, then you're f—ed, really, aren't you?" Way to bring everybody down, Kate. On the plus side, she's also got a great

take on the whole "losing the baby weight" mania following the birth of her latest child, Bear. "There's a big part of me — now more than ever before — that feels a sense of responsibility for how other women view themselves," she says. "Take having the baby, for instance. Have I actively been on a diet to lose my baby weight? No, I haven't. I genuinely bloody haven't. I so didn't want to be one of those, 'Oh wow, she's back in shape after 12 weeks' women. When I read things like that, I just think, 'Oh for f—'s sake, that's actually impossible.'"

## Sorry, British supermodels — you're no longer a thing

Carol White, the modeling agent responsible for such '90s fashion titans as Naomi Campbell, Claudia Schiffer and Linda Evangelista, is calling time of death on Great Britain's future as a supermodel talent pool. "The British are s—. Even if they're from a poor background, British girls have everything," White, herself a Brit, tells the Sunday Times Style Magazine. "They come from, say, Newcastle, and they don't want to leave their mates or their boyfriend — they're torn. We're not as fit. Maybe we eat too much."



Naomi Campbell



Kanye West and two Super Bowl fans

## Kanye doesn't want to be in your selfie, all right?

Kanye West went to the Super Bowl, but he didn't look too happy about it. Or maybe he just wasn't too happy about being roped into a couple of fans' at-

tempts at a selfie with the star. He just looks so miserable, right? Seriously, did he just send his Madame Tussauds wax figure to the big game in his stead?

## Bring on the halftime show conspiracy theories

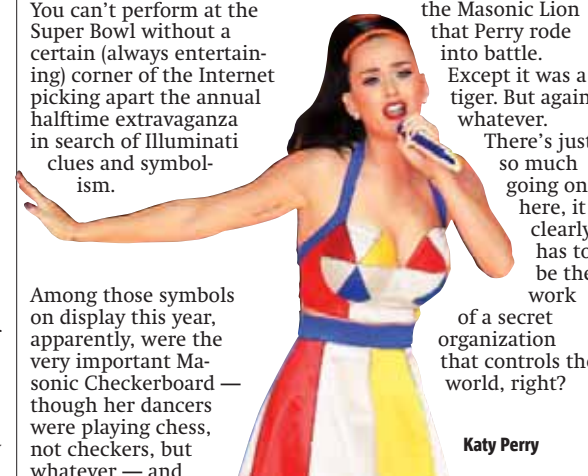
You can't perform at the Super Bowl without a certain (always entertaining) corner of the Internet picking apart the annual halftime extravaganza in search of Illuminati clues and symbolism.

Among those symbols on display this year, apparently, were the very important Masonic Checkerboard — though her dancers were playing chess, not checkers, but whatever — and

the Masonic Lion that Perry rode into battle. Except it was a tiger. But again, whatever.

There's just so much going on here, it clearly has to be the work

of a secret organization that controls the world, right?



Katy Perry

# Back Street Boys look back — warts and all

**VOD.** Documentary, Show 'Em What You're Made Of, follows the band back to Orlando while recording their latest album



**NED  
EHRBAR**  
Metro in Hollywood

The Backstreet Boys are taking time to look back, creating a documentary to do so. After being brought together 22 years ago in Orlando by wealthy businessman and eventual convicted felon Lou Pearlman, The Boys — Nick Carter, Howie Dorough, Brian Littrell, AJ McLean and Kevin Richardson — let a camera crew follow them as they revisited their past and recorded their 2013 album, In a World Like This. The result is Show 'Em What You're Made Of, available on VOD. We sat down with the band to chat about what it was like to see their lives on screen.

**When you saw the documentary, were there any parts that were hard to watch?**

**Nick:** I think, individually, we each probably had something that was a little difficult. If you want to get specific, for me, I didn't like watching myself cry and go through that whole experience with my teacher, because I'd kind of put that in the back of my mind. It was a tough time in my life, and seeing myself cry — that's (hard) for me.

**AJ:** I think kind of reliving everything with Lou and being at the house ... that whole situation affected us each differently. I think there were high moments and there were low moments even making the film. Some were much more emotional than others. It was a great learning experience — a relearning experience.

**Brian:** My voice therapy stuff is hard to watch, just because it was such a trying time in my life ... It was something I really tried to



The Backstreet Boys: AJ McLean, Kevin Richardson, Brian Littrell, Nick Carter and Howie Dorough. GETTY IMAGES FILE

hide. I didn't want it to be on the documentary, but it just kind of evolved and came out. But it's good that I'm better now and getting

stronger each and every day.

**Did any of the outfits from the '90s make you cringe?**

**Howie:** Absolutely. Of course.

**Kevin:** There were quite a few. Lots of interesting fashion.

**I don't know if favourites is the right word, but were there any moments that stick out?**

**Nick:** Favourite bad ones? **Brian:** We just saw an interview of us backstage in the green room for the Grammy Awards.

**Nick:** The Grammys!

**Brian:** It was 1999, and the question was, "So what do you Backstreet Boys think about the Internet? Do you think it's going to be something pretty cool?" And (AJ) is in a white top hat, white suit.

**AJ:** White everything.

**Brian:** He looked like ...

Willy Wonka.

**AJ:** I looked like Dr. Seuss.

**Howie:** You looked like

Marilyn Manson.

**Brian:** No, Willy Wonka!

**AJ:** OK, Willy Wonka, that's what it is. Everyone's in dark colors and I'm just random, as per usual.

**Brian:** I think he thought he was in Jodeci or Boyz II Men.

**AJ:** There were definitely some wardrobe faux pas back in the day.

## Bella Beagle Mix

Eight-year-old Bella is patiently waiting for the right people to share her senior years. Ideally, she would be the only dog in an adult-only family. She has the curiosity and voice of a beagle and enjoys daily strolls. Bella also makes an excellent dining companion and heating pad... happily snuggling to keep you warm on those chilly winter days. She wouldn't mind sharing her home with a feline friend. **If you have room in your heart for this lovely, good-hearted diva, please stop by to meet her today.**



For more information on **Bella** and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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Elisa Repo-Martell and David Patrick Flemming. Photo by Timothy Richard

# Reality of unrealistic ideals

**Body image.** How women are confronting the pressure to meet media and advertising's narrow views of beauty

SEPTEMBRE  
ANDERSON  
life@metronews.ca

Thursday is the new Friday, at least in the television world, where the prime-time triumvirate of Shonda Rhimes, Kerry Washington and Viola Davis has taken over TV screens.

The seat-gripping dramas *How To Get Away With Murder*, *Scandal* and *Grey's Anatomy*, however, are not only reshaping the TV landscape but also sparking important conversations about body image and beauty ideals.

After New York Times critic Alessandra Stanley called Davis "not classically beautiful" and compared her looks with women like Halle Berry and Washington, the actress didn't respond — until she accepted the award for outstanding performance by a female actor in a drama series award at the Screen Actor's Guild Awards last month.

"Thank you for thinking that a sexualized, messy, mysterious woman could be a 49-year-old, dark-skinned African-American woman who looks like me," she said, alluding to Stanley's below-the-belt comment.

"I think her saying very clearly that a sexy woman and a mysterious woman and a lead actor could look like her was something that everyone needs to hear and be reminded of," said PhD candidate and fat activist Jill Andrew.

"It's the need for represen-



Viola Davis addressed beauty ideals during her acceptance speech at the SAG Awards. GETTY

tation and it's the need for relevant representation."

Media and advertising are commonly known to present narrow, unrealistic depictions of women that are leading to unhealthy results.

According to a study by Dove, only four per cent of women worldwide think they are beautiful and between 600,000 to 990,000 Canadians suffer from eating disorders like bulimia, anorexia and binge-eating disorder.

Andrew is no stranger to battling with her weight.

"One of the first lessons I learned was that perfection was really hard to get to and

like many people, I practised," said Andrew, who also confronts shadeism in the black community.

"I practised for years to get that perfection, and for me that perfection included diets and sneaking a taste of my mother's Slim Fast strawberry milkshakes. My practice even included a small stint with trying to bleach my skin."

It took years for Toronto-based Andrew, co-founder and executive producer of the Body Confidence Canada Awards, to overcome her self-esteem issues.

Finding a supportive, empowering community and read-

ing books like *Ain't I A Woman?* by bell hooks were part of her self-love arsenal.

"These sorts of books started me on the path of recognizing that these ideals that were set out for me and for all women really only took a very small percentage of women into consideration," said Andrew.

Rebecca Matchett, meanwhile, grew up on teen magazines and graduated to women's magazines in university. The beauty ideals promoted in these publications affected her self-esteem and it was a strict media cleanse that helped improve the way she viewed herself.

## The perception effect

When told men desire full-bodied figures, women felt better about their own weight, say researchers at Southern Methodist University (SMU) in the U.S. "A woman's body image is strongly linked to her perception of what she thinks men prefer," says lead author and social psychologist Andrea Meltzer of SMU. Heterosexual women, says Meltzer, tend to believe men prefer the ultra-thin bodies that dominate the media. "Consequently, this study suggests interventions that alter women's perception regarding men's desires for ideal female body sizes may be effective at improving women's body image," she says. Meltzer conducted three studies of 448 women. In all three studies, women were more positive about their bodies after looking at pictures of voluptuous women portrayed as being attractive to men. AFP

"I'm very conscious on the Internet of the material that I look at," said the 26-year-old project manager from Fredericton, N.B.

"I'm conscious that everybody that I'm looking at in the media is Photo-shopped."

Websites like *XO Jane* and *Beauty Redefined* also helped Matchett feel more confident.

"I really started to understand that there are more people like me who want to see images that aren't edited and who want to live in a world where our variety of bodies is OK."

"The more educated we become in peeling back the layers of this facade," said Andrew, "the less it impacts us."

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f t i

# Mushrooms bring sunny goodness to soup

**Vegan Vitamin D Mushroom Soup.**  
Turn vitamin-packed fungi into a winter-warming main course



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

This time of year, everyone in Canada needs more vitamin D. The sun isn't strong enough and other sources like fish and fish roe aren't a large part of our diets.

This soup is a great main course on a weeknight with a big hunk of bread and a few nuts. It is low cal, but nourishing and complete.

## Directions

1. In a large pot, soften onions in oil over medium heat for a few minutes.
2. Stir in mushroom and vegetable broth.

## Ingredients

- 1 onion, chopped
- 1 tablespoon extra virgin olive oil
- 6 cups cremini mushrooms plus a few extra for garnish
- 1 litre vegetable broth
- 1 cup hummus
- 1 cup mixed nuts

3. Cook for 15-20 minutes to heat mushrooms through.

4. Use a hand wand or a blender to purée, then add and blend in hummus.

5. Fry a couple of mushrooms to use as garnish as desired and serve with nuts.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe takes 20 minutes to prepare and makes six servings. THERESA ALBERT

## Mushrooms



Mushrooms are the only vegan food source of vitamin D. ISTOCK

## Falling in love with fungi

I have been a mushroom lover since my grandpère hiked me and my sisters out to the bush collecting puff balls from the meadow

along the way. He simply stuck a cast iron skillet over the fire and plopped a big chunk of butter into the pan. He took out his Swiss Army knife and sliced the balls into the pan. He flicked them with the knife and then skewered a fat

slice into our mouths. I was in heaven!

It was only later that I discovered how nourishing mushrooms are. Truly wild mushrooms are even better, but you really have to know what you are foraging for because you can go very wrong.

All fungi contain precious trace minerals.

They also contain:

- The only vegan source of vitamin D (other than sunshine)
- B vitamins to help you fight stress
- Very few calories for

their nutrient density

- Beta glucans which are a type of fibre that is proving to lower insulin resistance and lower cholesterol.

Mushrooms are foolproof to cook, they require very little prep time and go into practically anything.

## Chicken with artichokes and mushroom sauce

## Directions

1. Season both sides of the chicken cutlets with salt and pepper. Place the flour in a bowl, then dredge each cutlet through to lightly coat.

2. In a heavy sauté pan over medium-high, heat 1 tablespoon of the oil and 1 tablespoon of the butter. When the butter has melted, add the cutlets and cook until golden and crusty on both sides and just cooked through, about 2 to 3 minutes per side. Transfer the cutlets to a platter and cover with foil.

3. Return the sauté pan to the heat and add the remaining oil and butter. When the butter has melted, add the mushrooms and a pinch of salt. Cook until the mushrooms start to soften, about 3 min-

## Ingredients

- 1 pound thinly sliced chicken cutlets
- Salt and pepper
- 1/4 cup all-purpose flour
- 2 tablespoons olive oil, divided
- 2 tablespoons butter, divided
- 8 ounces mixed or button mushrooms, sliced
- 14-ounce can quartered artichoke hearts, drained
- 1/4 cup dry white wine
- 1 cup low-sodium chicken broth
- 3 tablespoons lemon juice
- 1/2 cup low-fat plain Greek yogurt
- 1/2 cup chopped fresh parsley

utes, then add the artichoke hearts. Continue cooking until the mushrooms are tender, another 5 to 6 minutes.

4. Add the wine, broth and lemon juice. Stir to deglaze the pan, scraping up any brown bits stuck to the pan. Let the sauce bubble, stirring, for 1 to 2 minutes.

5. Remove pan from the heat. Adjust seasoning. Place the yogurt in a small bowl and whisk in about 1/3 cup of the mushroom sauce. Whisk the yogurt back into the sauce in the pan. Pour sauce over the chicken, sprinkle with parsley and serve.

THE ASSOCIATED PRESS



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## Continuing care in demand

The continuing care assistant (CCA) program offered through da Vinci College helps train professionals to alleviate the demand for health-care services to individuals in their homes or nursing homes.

"The continuing care sector is one of the fastest growing fields of health care," says Janice Currie, director, da Vinci College.

The CCA program is a provincial standard program required as an entry-to-practice standard for designated care settings under the jurisdiction of the department of health.

"The objective of the CCA program is to prepare students to deliver appropriate short- or long-term care assistance and support services," Currie says. Through the use of classroom, laboratory, and supervised field

placements in licensed nursing homes, the program will educate and equip graduates with the necessary tools and skills to deliver appropriate, timely, and respectful client-focused care.

"Many of our students secure employment before they graduate," Currie says.

"Our school partners with local businesses to host career fairs, networking, and connecting students to our alumni so there are many opportunities for students to pursue."

Da Vinci College also has a unique relationship with Northwood, a leading provider of in-care and home-care services. Northwood offers a \$2,000 bursary and guaranteed employment for a year to qualified students.

For more, visit [davincicollege.org](http://davincicollege.org).

## Looking for a dynamic place to work?

The health-care industry is growing, and Maritime Business College (MBC) offers a popular medical office administration program and the new human services support worker program to meet this growing demand for jobs.

"No matter what the economy looks like, people will always need medical care," says Janice Currie, director, Maritime Business College. "Individuals with specialized health-care training often enjoy higher job security than professionals in fields more affected by changes in the job market."

Through the 52-week medical office administration diploma program at MBC, students will learn the unique procedures and practices of health-care offices for a career as a medical office administrator.

"A medical office is a dynamic place with a wide variety of activities happening all the time," Currie says.

The new human services support worker program teaches students how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

Students will be trained to work with dis-



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abled clients that face physical, mental, and/or intellectual challenges.

"Your clients will learn essential life skills to achieve independence, including employment skills, financial management, and socialization," Currie says. "They will overcome stigmas, and ultimately feel empowered."

For more about either program or MBC, visit [maritimebusinesscollege.com](http://maritimebusinesscollege.com).

### CONTINUING CARE ASSISTANT

Do you enjoy caring for others and want to get into the workforce quickly? Train for a new career in Continuing Care, one of the fastest growing fields of health care. Get hands-on training provided by industry professionals.

**Program Starts in April**

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Northwood will be offering \$2,000 CCA tuition bursaries to selected students enrolling in the April CCA class. Students are guaranteed employment following the course, in exchange for agreeing to work with Northwood for one year.

Call for more information TF: 1.866.429.1847  
**OR GO TO [davincicollege.org](http://davincicollege.org) TODAY!**

### Stuck in a dead end job? Need a better income?

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# Get prepped for university this spring

It's never too late to upgrade your academic standing.

Saint Mary's University has university prep courses starting in the spring and summer that will support your admissions into SMU for a fall start.

"Preparing for post-secondary studies can be overwhelming for some, especially if you have been out of school for a while," says Janice Teale, program administrator, division of continuing education, Saint Mary's University.

"Enrolling in SMU's university prep program exposes students to campus life and university expectations, which in turn provide a solid foundation and the confidence for a successful transition to university life."

University prep courses provide individuals who do not meet admission requirements at SMU and other post-secondary institutions the opportunity to demonstrate that they have the ability and knowledge to succeed in a post-secondary education.

SMU offers courses in math, English,



CONTRIBUTED

chemistry, biology, physics, astronomy, and pre-calculus.

With the exception of online biology, prep classes are held in the evenings, on campus, and have small class sizes of up to 30 students.

"Our prep courses are accepted at most post-secondary institutions but it is best to check with your desired institution before enrolling," Teale says.

If you wish to meet with someone to discuss your options, contact 902-420-5492, conted@smu.ca, or visit smu.ca.

# Attention all travel lovers: This program is for you

If you eat, breathe, and dream travel, becoming a professional travel counsellor may be a career path worth exploring.

The travel and tourism program at Success College will help you take that love of travel and share it with those looking to begin their own adventures.

"Share your interests with clients by offering them your knowledge in local, national and international travel options and cultural interests," says Janice Currie, director, Success College.

"Prepare travel itineraries and book air, cruise and rail excursions for clients and groups."

Currie says the travel and tourism program will prepare you for the industry with in-depth training in the Apollo and Sabre reservation systems used in the field.

While students learn the ins and outs of these systems, they will also get the opportunity to gain first-hand experience in international travel with a one-week familiarization tour.

Students work with a budget to plan a trip to a vacation destination.

Destination is based on market conditions, prevailing prices, and product availability.



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This program is taught by industry experts and has been developed to be completed in just 60 weeks.

For more information about the travel and tourism program, visit [successcollege.ca](http://successcollege.ca).



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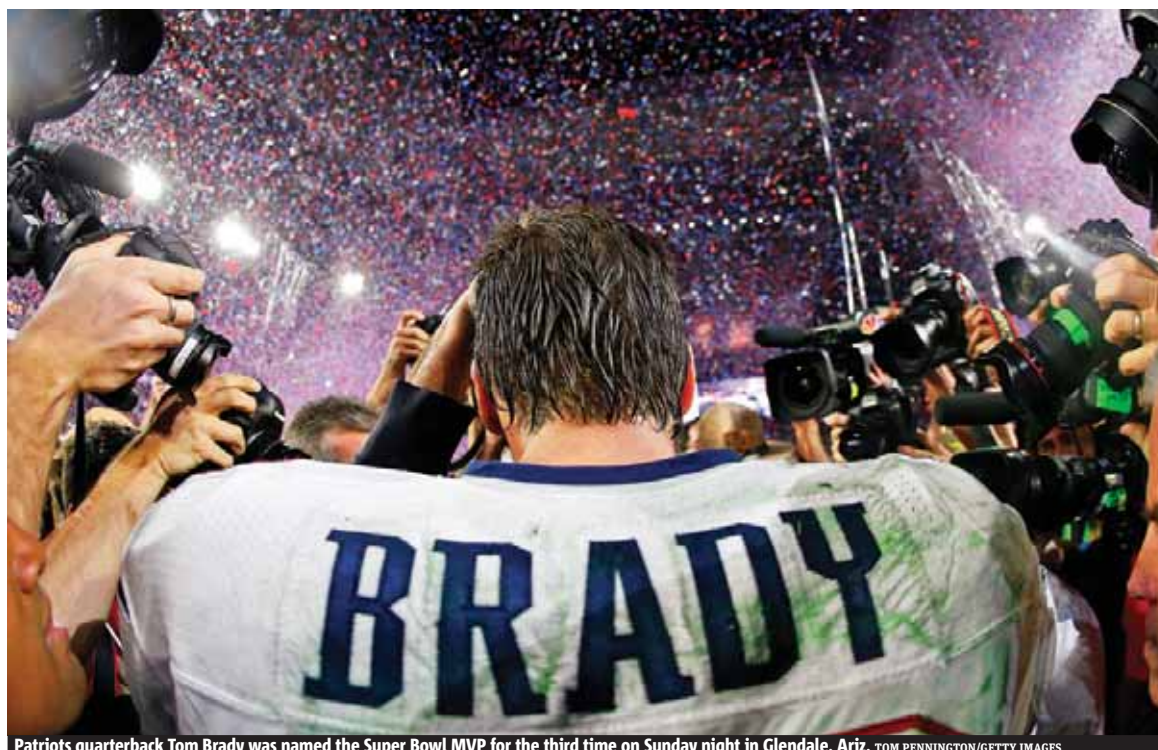
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Patriots quarterback Tom Brady was named the Super Bowl MVP for the third time on Sunday night in Glendale, Ariz. TOM PENNINGTON/GETTY IMAGES

# Brady targets more Super Bowl titles

**NFL.** Winner of four championships, Tom Terrific says he is 'still kind of in the midst of my career'

Tom Brady knows what's next: more Super Bowl wins.

At least he hopes so. The most successful quarterback of his era was still riding the high of his fourth NFL championship on the morning after New England's 28-24 victory over Seattle. Brady had every right to look back at his four touchdown

passes against the NFL's top-ranked defence and beam. Instead, he was looking ahead.

"I am still kind of in the midst of my career," Brady said Monday before being presented with a car and his third Super Bowl MVP trophy, tying him with his boyhood idol, Joe Montana. "I just love the game. I love playing. I love representing our team."

That team — or previous versions of the Patriots he has quarterbacked — won three Super Bowls in four years, then lost in its next two trips to the big game. Brady knows how close the Patriots came to a third straight flop against the NFC champion, needing an

## Gas left in the tank

Brady is 37 and has said he hopes to play well into his 40s, and he works hard to stay in top physical shape. So he doesn't see his winning toss to Edelman as his final Super Bowl moment.

interception with 20 seconds to go to clinch the crown.

"We've been on the other end of this two times in the last seven years, being ahead late in the game with the chance to win it, and not closing it out," Brady said of losses in 2008 and 2012 to the New

York Giants. "I'm glad we had the opportunity to do it. Coach talked all week about how it was going to take all 60 minutes and it certainly did."

"It never broke our will. We were down 10 in the fourth quarter and (Seattle) being on the one-yard line with 20 seconds left, but the guys never gave up. And you fight until the end and great things happen."

Brady led a comeback from a 10-point deficit through three quarters. He connected on all eight of his throws on the decisive drive that ended with a three-yard TD pass to Julian Edelman.

THE ASSOCIATED PRESS

## Sherman likely to undergo Tommy John surgery

Seattle Seahawks cornerback Richard Sherman played the Super Bowl with torn ligaments in his left elbow and will likely need Tommy John surgery in the off-season.

Seattle coach Pete Carroll said Monday that it was his understanding that Sherman would need the surgery after the All-Pro cornerback was injured in the NFC champion-

## Quoted

"In football, you're never 100 per cent. We were good enough to go. There is no excuse."

Seahawks cornerback Richard Sherman

ship game against Green Bay. THE ASSOCIATED PRESS

## Manziel checks into rehab for unspecified reasons

Browns quarterback Johnny Manziel has entered treatment for unspecified reasons, telling his team he needs to improve himself before re-joining.

Manziel entered treatment last Wednesday, an adviser for Manziel said in a statement released by the team on Monday.

"Johnny knows there are areas he needs to improve on



Johnny Manziel  
GETTY IMAGES

to help him be a better family member, friend and teammate, so he decided to take this step in his life during the off-season," Brad Beckworth said in the statement. THE ASSOCIATED PRESS

## Gymnastics

### Black captures gold in beam final

Two-time Canadian gymnastics champion Ellie Black made the most of the one event she entered this year at Elite Canada, easily winning the gold in the women's beam final on Sunday.

The Halifax native, who ranked seventh on beam at the 2014 world championships, finished well ahead of the seven other finalists with a score of 14.950 points.

Rose-Kaying Woo of La Prairie, Que., who won the all-around senior title on Friday, placed second with 14.500 points and Isabela Onyshko of Minnedosa, Man., was third with 14.300. THE CANADIAN PRESS

## NBL Canada

### Rainmen hold off Miracles

Forward Kevin Young scored 32 points and added 14 rebounds Sunday, leading the Halifax Rainmen to a 103-101 win over the Moncton Miracles.

Metro mistakenly reported Monday that Moncton had won Sunday's close game. We regret the error.

Sunday's victory gives the Rainmen a 12-12 record on the season, keeping them in second place in the Atlantic Division of the National Basketball League of Canada.

The Rainmen are back at home Friday night for a game against the Brampton A's, with tip-off set for 7 p.m. at the Scotiabank Centre. METRO

## NHL

### Ovechkin named month's first star

Washington Capitals winger Alex Ovechkin is the NHL's first star of January after scoring a league-high 12 goals in 13 games over the month.

Ovechkin also led all players with six power-play goals and 59 shots on goal to power the Capitals to a 7-3-3 January and the second wild-card spot in the Eastern Conference.

New York Islanders centre John Tavares was named January's second star, while the third star award went to Boston goaltender Tuukka Rask. THE CANADIAN PRESS

## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

See the full instructions on Metro's Voices page.



## Horoscopes by Sally Brompton

### ♈ Aries

**March 21 - April 20**

You will work best today if you work as part of a team. Try to remember a certain amount of tension can be creative and there is nothing wrong with a bit of dissent.

### ♉ Taurus

**April 21 - May 21**

You need to get rid of all that emotional junk. Be ruthless with yourself — if you let your heart continue to rule your head you won't get rid of half as much stuff as you should.

### ♊ Gemini

**May 22 - June 21**

The only danger today is that you will change your plans at the last possible moment and by doing so upset other people's aims.

### ♋ Cancer

**June 22 - July 23**

You may be tempted to take some kind of risk today but as there is a full moon in the area of your chart that governs your wealth that may not be a good idea.

### ♌ Leo

**July 24 - Aug. 23**

Because today's full moon takes place in your sign you will be more emotional than usual, which has both advantages and disadvantages.

### ♍ Virgo

**Aug. 24 - Sept. 23**

If you let your worries get out of hand today it may stop you from taking action and once you stop you will find it hard to get going again.

### ♎ Libra

**Sept. 24 - Oct. 23**

Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they predicted.

### ♏ Scorpio

**Oct. 24 - Nov. 22**

If someone gets a bit aggressive in their attempts to sell you something you don't want, be it a physical object or an idea, be a bit aggressive back at them.

### ♐ Sagittarius

**Nov. 23 - Dec. 21**

There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

### ♑ Capricorn

**Dec. 22 - Jan. 20**

Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. Don't make a big issue of it.

### ♒ Aquarius

**Jan. 21 - Feb. 19**

There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

### ♓ Pisces

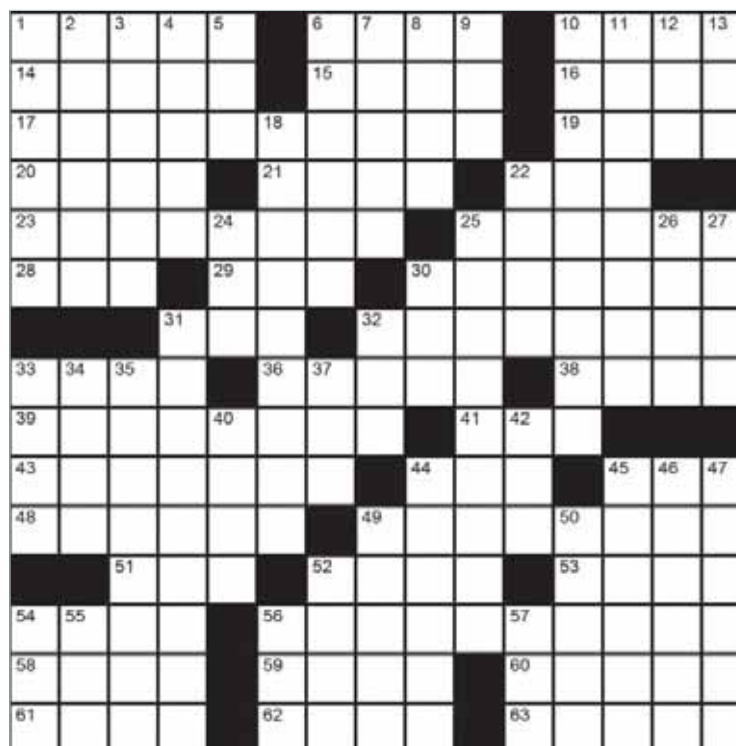
**Feb. 20 - March 20**

If someone annoys you today just walk away. If you allow yourself to get drawn in you will say things you might later wish you had kept to yourself.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Easy-running horse
6. Awaken
10. Noodle dish, Pad
14. Treble clef's lined notes, in sequence
15. Hold up
16. Challenging
17. Canadian composer of "Music Box Dancer": 2 wds.
19. She sheep
20. Ailed, \_\_\_ fever
21. Twice's opposite
22. "Shameful!"
23. Partnerless laundry pairs: 2 wds.
25. Animal artifact
28. Victoria International Airport code
29. Cold
30. Journalist Mr. Rivera
31. \_\_\_ culpa!
32. The \_\_\_ (Family related to Harry Potter)
33. "\_\_\_ silly question..."
36. Don't sit
38. Olive-of-comic's surnamesakes
39. Kenora, ON's Husky the Muskie = \_\_\_ attraction
41. Mr. Somerhalder
43. Lost in the \_\_\_ (Farley Mowat book)
44. Compass pt.
45. Actor Mr. Young
48. Breaks up
49. Telephone sound: 2 wds.



51. Bootcamp bigwig, briefly
52. BC: Port \_\_\_ Bridge (It links Surrey to Coquitlam)
53. Taro root
54. Geological flattop
56. Household spot for miscellaneous items: 2 wds.

58. Organic compound
59. 'Myth' suffix
60. Putting into service
61. People: French
62. Clarified butter
63. Canadian comedian/actress Ms. MacDonald

### Down

1. Mount \_\_\_, Continental Divide peak captured-on-canvas by Lawren Harris of The Group of Seven
2. Sweet Rosie \_\_\_ (1943) starring Betty Grable
3. \_\_\_ \_\_\_ (Comfort

- food sandwich, hip-style)
4. \_\_\_ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
5. Subj. of "Bobby" (2006)
6. Retro toy
7. Powders

8. Archipelago part
9. Lefts opp.
10. Ontario town between Sault Ste. Marie and Sudbury
11. Canadian musician Mr. Workman
12. "All bets \_\_\_ off."
13. Passports, e.g.
18. Some shoes
22. Crag
24. Goose: French
25. "Right Action" by Franz \_\_\_
26. Pastoral poem [var sp.]
27. Sports defeat
30. Pistol
31. Elizabethan vocal pieces
32. Actor, Daniel \_\_\_ Kim
33. Financial hedgers, briefly
34. Ivory \_\_\_
35. Ottawa Senators captain Erik
37. Cnd. banks, e.g.
40. Cobblestone
42. Cobbler's tool
44. Rip Van \_\_\_ (Storied snoozer)
45. Long-billed wading bird
46. Tab key function
47. Seinfeld character
49. Greek Myth: Mother of Perseus
50. Bug
52. Plentiful
54. Ms. Ryan
55. Chem. ending
56. Dublin dance
57. \_\_\_ the wrong way

## Yesterday's Crossword



## Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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